



**STATE OF TEXAS  
OFFICE OF THE GOVERNOR**

Diabetes is one of the most serious public health issues in Texas today. Type 1 Diabetes occurs when the body cannot produce insulin, a hormone that allows sugar to be converted to energy. Type 2 Diabetes develops when the body is unable to use insulin.

According to the Texas Diabetes Council, more than 1.5 million Texans are affected by diabetes, including 1.3 million adults who have been diagnosed. It is estimated that thousands remain undiagnosed.

Though the causes of diabetes are still being studied, research has indicated that genetics, inadequate exercise and being overweight all contribute to the development of diabetes. According to the Council, the disease is the sixth leading cause of death in Texas. In 2002, it was the fourth leading cause of death among African-Americans and Hispanics.

Early diagnosis and effective disease management can successfully delay the development of serious complications relating to diabetes. However, if left untreated, diabetes can lead to devastating health complications. Such complications may include heart disease, stroke, high blood pressure, blindness, kidney disease and diseases of the nervous system. Texans diagnosed with diabetes should therefore monitor their blood glucose levels regularly to reduce the risks of complications.

Together with the Texas Diabetes Council, the Governor's Diabetes Education Initiative has developed guidelines for children and adults, to promote healthy eating and physical fitness. Our overall goal is to encourage lifestyle changes that can prevent or delay the onset of Type 2 Diabetes, especially in high-risk adults. To increase awareness and highlight the importance of this issue, the month of November has been designated for an awareness campaign.

At this time, therefore, I encourage the people of our great state to support their fellow Texans affected by diabetes and the many medical professionals who offer such excellent care. Moreover, through prevention and early detection, we can make a difference in our lives and those of our loved ones.

Therefore, I, Rick Perry, Governor of Texas, do hereby proclaim November 2004,

**Diabetes Month**

in Texas, and urge the appropriate recognition whereof.

In official recognition whereof,  
I hereby affix my signature this the  
1st day of November, 2004.

*Rick Perry*

Governor of Texas

